



FAMILY SUPPORT UPDATE NEWS FOR THE WHOLE FAMILY

March 2007

<http://www.minneapolis.afrc.af.mil>

Important Numbers Around Base

All commercial numbers are (612) 713-xxxx unless otherwise indicated.

934th AIRLIFT WING

TOLL FREE: 1-800-872-3235 + EXTENSION (1-XXXX)

Military OneSource

PHONE: 1-800-342-9647

INTERNET: WWW.MILITARYONESOURCE.COM

Available 24/7/365

FAMILY SUPPORT/RETIREE ACTIVITIES OFFICE

BLDG: 727

PHONE: EXT. 1516/1517

TOLL FREE: 1-800-231-3517

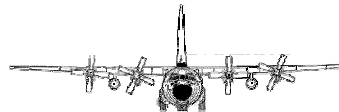
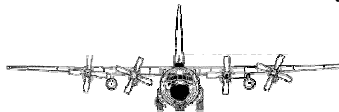
EMAIL: family.support@minneapolis.af.mil

FIRST CALL FOR HELP

DIAL: 211

Key Family Member News

By Carrie Moreno



Families of the 934th Airlift Wing: thank you for your participation at our Valentine and cookie baking event in February. We appreciate you coming out and for all the creative Valentine cards you constructed for the 934th deployed Airmen. The event was a huge success and we would like to continue this momentum into March.

On the Saturday of the March UTA (3 March 07) you are invited to the Services Club Ballroom (Building 807) from 10:00AM – 12:00PM for a Viking Family Member Event, “A Child’s View of Deployment.” (See back cover)

This event will include an interactive puppet show and Military One Source video to assist adults in helping children cope with deployment now and in the future.

You will also have an opportunity to meet the friendly and helpful staff of the Family Support Center, meet the Key Family



Members, and learn about the great resources available for ALL reserve family members.

Good company, Good information, and good refreshments will be provided.

If you have any questions, please call Vicki Lokken at the Family Support Center at (612) 713-1516.

We hope to see you there!



Vicki Lokken – Director; MSgt Steve Johnson, TSgt Deb Hanson, TSgt Melissa Coppage – Family Support Technicians; Darryl Graves – Key Volunteer

FAMILY SUPPORT UPDATE

TAX TIME



Completed your taxes yet? Well, if not, we may have some FREE help for you. Every Friday through April 13th, AARP will have a tax representative in the Family Support Center, Building 727, at the Minneapolis/St. Paul Air Force Reserve Station from 10:00 AM – 2:00 PM. Call 612-713-1516 ? Toll Free: 1-800-231-3517 to schedule an appointment. Appointments are on a first-come-first-serve basis and take about a half hour.

Please bring the following with you:

- Current year's tax forms and preparation booklet.
- Copy of last year's income tax returns(s)
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc) showing interest and/or dividends and documentation showing original purchase price of sold assets.
- 1099-mis showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- All forms indicating federal income tax paid
- Dependent care provider information (name, employer, ID, SSAN)
- All receipts or canceled checks if itemizing deductions
- Social Security numbers for all dependents.

Military OneSource Tax Help



If you do not want to come and use our services or can't fit us into your schedule, Military OneSource offers FREE tax preparation and filing.

Now available through Military OneSource for active duty, Guard and Reserve, and their families.

Service members can now prepare and file their 2006 income taxes – federal and state – with this easy-to-use program.

Key features include:

Simplicity. Service members must access the program through www.militaryonesource.com. The program will guide the user online through a step-by-step process, provide the required forms and documentation, perform the calculations, and include tax-relevant questions about issues like deployment and relocation.

Help from experts. Military OneSource tax consultants are available 24/7 by phone at 1-800-730-3802 and by e-mail at TaxCut@militaryonesource.com to help with personal tax-related questions and financial planning. They'll help the user plan how to use their refund wisely – to save and to pay off debt.



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MILITARY ONESOURCE ALSO OFFERS ADDITIONAL SUPPORT:



Service members and families also have free access to a financial planner or CPA, research and referral to other military financial support programs, calculators for mortgage, car and debt payments, and financial management booklets and CDs through Military OneSource. Call: 1-800-342-9647 or visit us online at: www.militaryonesource.com for free consultation on issues such as:

- Whether or not you need a tax professional
- How to resolve personal issues with the IRS
- Filing taxes when a service member is deployed
- How to get advance earned income payments
- Using your tax refund wisely
- Tax credits (Child and Dependent Care Credit, Child Tax Credit, and the Earned Income Tax Credit)
- Dependent Care Assistance Plans (commonly called DCAPs)



Living with chronic disease can be frustrating and challenging, but individuals who effectively manage their disease and adopt a healthy lifestyle can lower their risk of developing complications. This is where TriWest's Disease Management program can help.

TriWest's Disease Management program focuses on educating patients on how to improve their health management skills while living with chronic asthma and heart failure. This program is free to eligible TRICARE beneficiaries and their family members.

Through the Disease Management program, participants will receive a personalized care plan created by an experienced Disease Management Clinician (DMC), and will discuss their progress and challenges with their DMC at least once per month.

For a list of Frequently Asked Questions, [click here](#). To learn more on how you can enroll in TriWest's Disease Management program and receive free, personalized care and education, please call **1-888-259-9378**.

Roll over the links above for additional information and resources about the listed chronic illnesses.

As we step into another flu season, it is important to arm yourself with information about flu (or Influenza) to protect yourself and your family. Read [tips on preventing the flu](#) from Centers for Disease Control and Prevention.



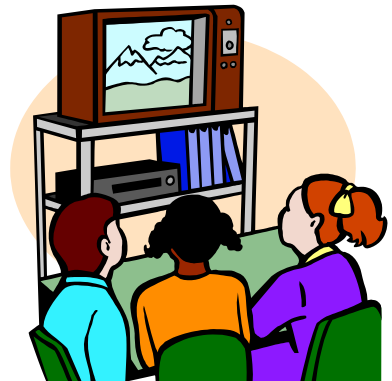
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FAMILY SUPPORT UPDATE

FAMILIES OF THE 934th AIRLIFT WING

You are invited to the Services' Club Ballroom (Building 807)
On Saturday of the March UTA (3 March 2007)
From 10:00A.M. to Noon
For a "Flying Vikings" Family Member Event

"A CHILD'S VIEW OF DEPLOYMENT"



An interactive puppet show and MilitaryOneSource video will help adults help children cope with deployment ---now or in the future. Bring your questions and/or advice to share with other military families.

Meet Family Support Center staff
and Key Family Members and learn about
great resources for all Reserve family members.
Good company, good refreshments and good information will be
provided.

If you have any questions or plan to attend, please contact Vicki Lokken at the Family Support Center at (612) 713-1516 or toll-free (800)231-3517.



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